### Description
- Participant previously at risk, has since improved & no longer at risk; if they did not continue WIC, they may not maintain their improved status (they may “regress” back to having the original risk again)

### Assess Readiness for Change: with open ended questions
- “Your xx (i.e. their past risk such as low iron) has improved. Why do you think it improved?”
- “What health or eating concerns do you have today?”

### Discussion, Counseling and Education

<table>
<thead>
<tr>
<th>If the answer is:</th>
<th>Try Counseling Strategies</th>
<th>Try Education</th>
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</thead>
<tbody>
<tr>
<td>Not ready</td>
<td>“I’m glad you are doing well. Since you started WIC, how do you think your eating has changed?”</td>
<td>“You are eligible for WIC because you had a health or nutrition risk that has improved. We want to continue your WIC to make sure you stay healthy.”</td>
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<td>“We offer these xx nutrition classes. Which one sounds most interesting to you?”</td>
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<tr>
<td>Unsure</td>
<td>“Your xx (i.e. hgb) has improved, but having a new baby is tiring. How much rest are you able to get each day?”</td>
<td>Risk improvement may be just above the cut-off level. Ask questions related to their risk, to assess possibility of regressing back to having that risk again.</td>
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<td>“You may not be getting enough to eat? How often do you eat?”</td>
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<td>“On a scale of 1-10, how concerned are you that your xx (i.e. iron) will be low again?”</td>
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</tbody>
</table>

**Record Plan or Goal**
- Participant chose xx class for next nutrition ed class. Will re-assess preferred classes next appointment.

| Unease          | “I didn’t think my xx (i.e. iron) had improved. I still feel so tired?” | |
|-----------------| Raise awareness & confidence & identify barriers to change |

**Record Plan or Goal**
- Mom skipping breakfast. Will try to eat breakfast every day. Re-asses complaint of tiredness next appointment.

| Ready                                                                 | “We were happy to have helped you learn about iron! Since your iron was normal, we will re-check it again in xx (i.e. a year).” | “Those are great iron foods. We do the finger stick at cert but if you want us to check it more often let us know.” |
|                                                         | “What high iron foods have you added to your diet?” | |

**Help plan change-support**

**Record Plan or Goal**
- Mom would like iron checked in two months. Re-asses iron status next appointment.

### Education Resources
- [Resource- Healthy Lifestyle- American Heart Association](http://www.americanheart.org/presenter.jhtml?identifier=1200009)